



# CHALLENGE YOURSELF!

## Healthy Fats

### THE GOOD GUYS

<b>Monounsaturated fats:</b>	Olives, olive oil, canola oil, avocados, peanuts, almonds, cashews, pecans, sesame seeds, and Tahini, natural peanut butter, canola oil mayonnaise
<b>Omega 3 fatty acids:</b>	Flaxseeds, hempseeds, dark greens, canola oil, walnuts, salmon, omega 3 enriched eggs and soy

### THE BAD GUYS

<b>Omega 6 fatty acids</b>	Sunflower, safflower, grape, corn and soybean oils, mayonnaise, margarine and most creamy and oil based salad dressings.
<b>Saturated fat:</b>	Red meat, chicken/turkey skin, butter, milk, cheese, ice cream, chocolate, coconut and palm oils, lard, bacon, half and half, cream cheese, sour cream, chitterlings and salt pork
<b>Trans fatty acids:</b>	Shortening, hard margarines, salad dressing, mayonnaise, cakes, cookies, doughnuts, fried fast foods, packaged baked goods, candy, creamers and crackers, everywhere! Has no place in a health diet!!

- **No** trans fatty or hydrogenated fats
- **Avoid** saturated fat-rich foods and omega 6 rich foods
- **Make favorable substitutions:** avocado for cheese on sandwich, salmon rather than steak, turkey/chicken/bean burger instead of hamburger, natural nut butter on bagel rather than cream cheese, olive oil and canola oil rather than other cooking oils
- Eat a variety of foods with **omega 3 fats daily**.
- **Control the calories** you consume from all fat sources.

## TO CREATE HEALTHY HABITS



# CHALLENGE YOURSELF!

Tips to reduce fat in your diet: don't use them all. To start, try a few, once you have mastered them, try a few more.

- Know what foods IN YOUR DIET are rich in saturated fat, trans fat, and omega 6 fat and cut back on them.
- Replace foods high in the 'bad' fats for foods rich in 'good' fats
- Look at the food label, calories from fat should be less than 30% of total calories
- Look for nutrient label claims: low-fat and lean
- Chose lean meat: loin and round cuts, trim visible fat from meat, take skin of poultry
- Eat seafood 2-3 times a week, prepared a low-fat way
  - Opt for salmon, mackerel, or tuna that are high in omega 3's
- Add vegetables to all meals. Incorporate a salad or soup and steamed vegetables with dinner. Snack on fruits. Not only will you be eating high nutrient quality foods, you will curb your appetite for higher fat foods. In addition, the soluble fiber in fruit and vegetables has a cholesterol-lowering effect that is beneficial to your health.
- Choose lower-fat, whole grain products: cereals, rice, pasta, pita bread, oats
  - Avoid higher-fat starches: doughnuts, sweet rolls, muffins, cakes and cookies
- Choose low-fat milk products
- Watch fats lurking in snacks. A handful of chips has 10 g of fat!
- Defat your cooking style: use non-stick pans and cooking spray, broil, bake, steam, or microwave foods
- Season foods with spices and herbs, rather than heavy sauces, use low fat marinades

## TO CREATE HEALTHY HABITS

© 2006 Hana A. Feeney, MS, RD



# CHALLENGE YOURSELF!

**PRACTICE:** Make substitutions to make this diet whole grain based and fat-friendly.

- What kind of fat is it? Is it whole grain?
- Should you make a substitution?
- How do you control the calories?
- What specifics do you look for?

## **Breakfast:**

Coffee w/ sugar and cream

---

Whole-wheat toast with butter

---

Cereal with whole milk

---

Banana

---

## **Snack:**

Handful of crackers

---

Two cookies

---

## **Lunch:**

Steak tacos w/ cheese and sour cream

---

Chips and guacamole

---

## **Dinner:**

6 oz Bacon Cheeseburger

---

Small side salad with Ranch Dressing and croutons

---

## **Late-night snack**

Ice cream

---

Store-bought dessert cake

---

# TO CREATE HEALTHY HABITS

© 2006 Hana A. Feeney, MS, RD